FROM THE SUPERINTENDENT

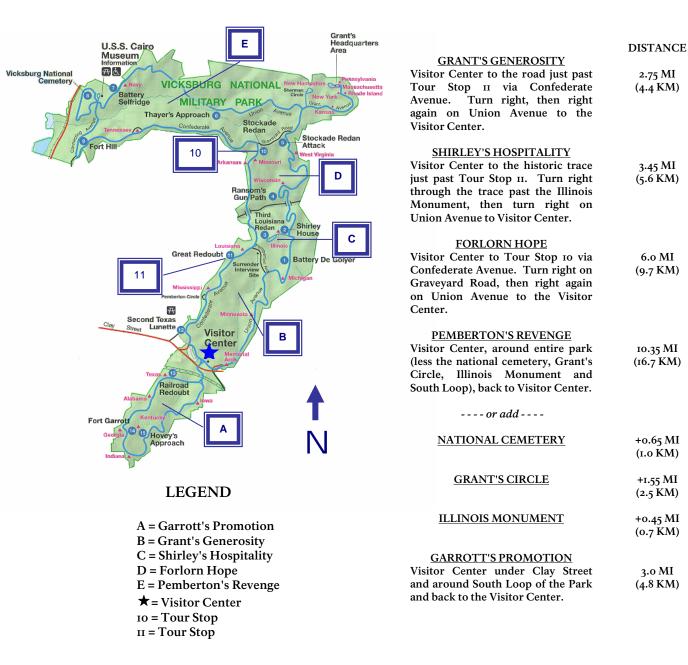
With an increased emphasis in this country on physical fitness, more and more visitors are getting out of their cars and enjoying the park on foot. With a few simple safety precautions this can be one of the best ways of all to enjoy the beauty and significance of our historic environment.

FOR YOUR SAFETY, PLEASE OBSERVE THE FOLLOWING PRECAUTIONS:

- Park only in designated (curbed) parking areas.
- 2. <u>Always</u> stay on, or near, the shoulder of the road, behind the white line designating the walking/running lane.
- Wear light colored clothing, especially near dusk.
- 4. Plan your route so you can face the flow of the traffic as much as possible.

Thank you!!

MAP ROUTES



All routes begin and end at the Visitor Center.

TIPS

In addition, here are some tips from the experienced walkers and runners of our area:

- I. Don't overdo it. A mile in our hilly terrain seems much farther.
- 2. Don't exercise in the hottest part of the day. During the summer, Vicksburg's temperature and humidity can exhaust the hardiest athlete. Drink plenty of fluids when you exercise!
- 3. Check your course first. Know when to expect what and avoid making the wrong turn.
- 4. Wear proper shoes. Inappropriate shoes can cause severe foot, leg and back problems.
- 5. Avoid walking through tall grass in the summer. Our wasps and yellow jackets are ferocious.
- 6. Watch for ice. In winter a bad fall on a steep hill could be disastrous.
- 7. IN CASE OF AN EMERGENCY: If you are unable to contact a ranger, call 911 and their dispatch will contact the park ranger.

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National Park Service
U.S. Department of the Interior

Vicksburg National Military Park



ON FOOT

The runner's & walker's guide to Vicksburg National Military Park



Includes some do's and don't's and suggested routes with their distances.